



THE BREATHWORKS FOUNDATION

*Trustees' annual report and financial statements
for the year ended 31 December 2023*

Company number: 06890078
Charity number: 1131851



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ABOUT

Breathworks has been teaching mindfulness-based approaches for managing pain, illness and stress since 2001. Founded by Vidyamala Burch OBE, Breathworks developed the first Mindfulness-based Pain Management (MBPM) programme. This has been supported by research and health organisations around the world. We are a UK-based charity who are committed to making programmes accessible and inclusive through funding and support for those with financial (or other) barriers.



OUR IMPACT

- Taught more than **120,000** individuals
- Trained over **750** mindfulness teachers across **40** countries.

OBJECTIVES

- To provide mindfulness-based tools to reduce the suffering of living with pain, illness and stress..
- To advance the education of the public in mindfulness-based activities.
- To undertake research into mindfulness-based activities and to publish useful results.



Breathworks Founder,
Vidyamala Burch OBE



Looking Ahead with strength

Prasadu Dharmachari, Chair of Trustees

"It has been my great pleasure to continue serving Breathworks as chair over the last 12 months.

It has been a challenging time financially, but extremely rewarding in so many ways. We have seen much inward investment into courses, staff and our future which will all pay dividends in 2024 and beyond.

We have also been able to begin the recruitment process for a new CEO, and thank Helen for the amazing job she has done over the last six years, and especially for her ability to adapt so that Breathworks responded to so many during COVID. We are a stronger and more agile organisation thanks to her hard work and tenacity.

I'd like to thank my fellow trustees for all their input, creativity and commitment. As we look to the future with a new CEO at the helm, we look forward with positivity and hope as we reach out to more people who need support and training."

*From personal transformation
to collective impact*

Vidyamala Burch, Founder & Honorary President



"I am delighted how Breathworks has continued to offer help and hope to thousands of people living with pain, illness and other difficult circumstances through 2023.

When I began leading courses in 2001, I could never have imagined how impactful this work would become and I feel very proud of the whole Breathworks team and wider community for their passion, vision and commitment.

When I started this work my motivation was simple: to help people ease the experience of suffering and distress that so often accompanies pain, illness and other difficulties.

Nearly 25 years' later my motivation remains the same: to help people. When I started out I was working alone and now I am surrounded by an international community of remarkable people who all share this vision.

Thank you, from the bottom of my heart, to everyone who has contributed to another successful year."



*Adapting, Innovating, and Expanding:
Breathworks' Path Forward*

Nathan Jarvis, CEO

"Having joined Breathworks as CEO in January 2024, it has been good to look back on 2023 and see a year of consolidation and innovation. Investment has been put into the development of new programmes, specifically the HEALS programme written by Vidyamala, our Founder. Much time, testing, thought and passion has gone into this project which we know will enable many more people to access mindful meditation via Breathworks, transforming lives and enabling better physical and mental health outcomes.

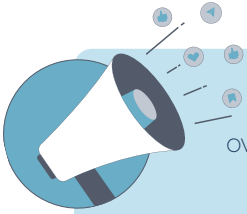
We have been acutely aware that we do this in a world where money is scarce, both in the charitable sector and for the general public. We have been able to adapt our courses and events to better suit the end user, not least by adopting a modular approach to programming.

Personally, I experienced mindfulness many years ago, at a time when my mental health was suffering. It completely changed my direction, ambition and motivation both in my personal life and my career, it was truly transformative. Joining Breathworks feels like a natural and valuable step in enabling more people to live fuller lives, just as it did mine.

Along with the incredible members of our team, our associates, partners and teachers, we go from strength to strength, widening reach and access, innovating and imagining a world where everyone can access the help they need to live better. Thank you to everyone who has contributed to our lives together and our incredible offering to a world in need of mindfulness and meditation."

2023

YEAR IN NUMBERS



over **3K**

people learnt how to **manage pain, stress and illness** through courses taught by Breathworks & our network of teachers.

377

teachers maintained their accreditation to **teach Breathworks programmes**, with 51 new teachers accredited in 2023.

69.6k

awarded in bursary funding in 2023, helping 281 people with pain and financial difficulty .

3.5K+

people **accessed our free resources**, including our Toolkit for Tough Times and Mindfulness for Long Covid.

36K+

views of our **free Space to Breathe** guided meditations for pain.



6

Seed Funded projects brought mindfulness to communities in need, from refugees and grieving parents to people diagnosed with dementia. We look to increase these going forward into next year.

INCOME GENERATION



£84.6K raised through donations

£20.7K awarded in grant funding

£361.4K raised in earned income

COMMUNITY OF PRACTICE

The beating heart of Breathworks' is our online mindfulness hub and e-learning platform. The **Community of Practice** allows everyone to access mindfulness for free.

7,298

members accessed free resources, & events.



worldwide members in over
81 different countries

85
hours

of free live events,
including meditation
support,
specialist sessions for
managing anxiety and
pain with clinical experts

OUR PATRONS

70 patrons & £1,664
raised in 4 months

In 2023 we launched our Patrons programme, inviting people to support the Community of Practice platform with a financial contribution.

"I'm thrilled to hear about the patron support. This is needed and offers us an opportunity to give back to this fantastic work. This has changed my life and continues to influence everything I do."

- Jennifer Slack



Community of Practice members organise a poetry fundraiser: Poetry Fest

2023 Feedback Survey

81%

Found helpful for maintaining or deepening their mindfulness practice

73%

Found helpful for managing a health or pain condition

"I love the inclusiveness of the community, the ability to connect with like-minded people who get what it means to live with pain and a long-term condition. I feel safe, valued and also able to encourage and strengthen others; and my wellbeing has greatly improved" - **Christophe**

MINDFULNESS FOR HEALTH

Our award winning signature mindfulness for health course provides the tools and skills to live well with chronic pain and illness. Participants learn over 8-weeks with an experienced teacher and a supportive peer group. This continues to be a popular course for us, with students joining from around the world, and others taking the course multiple times.

In 2023, we ran...

12

public courses

reaching **143** participants.



4.6 out of 5 average rating by participants



94% of participants reported being better able to manage their health condition



More than 50% reported reduced medication and improved mobility



Breathworks landed in mainland China in 2023, with our Mindfulness for Health courses taught in Mandarin to students eager to learn approaches to manage pain, health and illness.



Lizzie
Mindfulness for Health
Bursary recipient

“

I have struggled with severe pain and weakness in my body for years and was feeling very down after my last diagnosis.

The course hasn't cured my pain, but it has cured the way I approach it. I have learnt to treat my body and others with more kindness and compassion, I am more patient with myself and now feel actual love for my self.

I really enjoyed the online course and zoom calls. I enjoyed the connection with others. I would definitely recommend the course to anyone suffering either mentally or physically.

”

MINDFULNESS FOR STRESS

Our 8-week mindfulness for stress course teaches people how to increase their happiness and wellbeing, finding new sources of resilience, joy, and calm in their lives. In this evidence-based approach, students are given practical tools to manage stress and difficulties that arise in everyday life. Participants report being able to better cope with stress, anxiety, fear, and depression.

In 2023, we ran...

9

public courses

reaching **125** participants



4.6 out of 5 average rating by participants



87% of people had a reduction in depression



79% of people reduced their anxiety



Anjali
Mindfulness for Stress
Bursary recipient

“

“Bereavement, trauma and ongoing misdiagnoses regarding my physical and mental health brought me well and truly to my knees last year.

After a lot of searching, I discovered the lifeline that is Breathworks. I knew then I had found something incredibly special.

The life-changing way that mindfulness & meditation is taught at Breathworks makes it real, accessible and irresistible! I am learning how to deal with even the most painful and distressing thoughts and feelings as well as physical pain. I can use awareness and wise choice and am starting to enjoy and appreciate my life again. These are the greatest gifts, and ones which I hope to pass on to others in the future.

None of this precious learning would have been possible without a bursary. I am able to look forward at last. I am building new foundations.”

”

HEALS PILOT: A FLYING SUCCESS

HEALS, our brand new course and approach to whole-life health, uses awareness training, habit methodology and principles from the growing field of lifestyle medicine to create sustainable changes to physical, emotional, and psychological wellbeing.



To ensure proof of concept, we ran two pilots the course with individuals who lived with chronic illness or supported those who do.

The pilots were successful with positive feedback and many participants showing clinically meaningful improvements following the course, from **reduced anxiety and depression**, to feeling **more confident to exercise** or **make healthier eating choices**.

The course has been refined using in-depth feedback gathered, and will launch to the public in July 2024.

Pilot Course 2023 Feedback

87%

reported reduction in depression



79%

reported a reduction in anxiety



“

*I'm now able to go to the gym three times a week I have gradually built up my exercise and **can now manage the pain** with breathing techniques, being mindful, recognising the pain and **being kind to myself**.”*

”

GRANT FUNDED PROGRAMMES

One of our core aims is to reach a **wider range of people**, especially those in **under-served** and **hard to reach** communities. We achieved this through working with community partners grand in 2023.

Take Back Your Life

Group: tailored for accessibility, these courses were delivered in **deprived areas of Manchester**, including Harpurhey, Gorton and Wythenshawe. **40+ people** took part, each with an **average of 3-4 serious health conditions**.

Impact:

- **78%** reported improved mood, social connection, and being better able to manage their health conditions
- **67%** reported being able to do more, including at home and socially.

"You can be isolated and a bit forgotten when you have physical or energy condition, it is easy to get isolated and think nobody else understands. Being in a group with other people that understand and can identify is so helpful." - Take Back Your Life Participant

In partnership with:



Moving Well

Project: we delivered 4 Moving Well mindful movement courses funded by the Sport England Together Fund in partnership with Versus Arthritis.

Group: The courses were delivered in Manchester **areas of high deprivation** reaching **40 people**.

Impact:

- **75%** reported improved mobility and confidence in movement
- **80%** reported noticing themselves being more physically active.
- **90%** reported noticing feeling more confident in doing some exercise

"The course improved my relationship with very small movements, at times when I found myself 'freezing' with the pain, I realised I could actually move, even a little. This brought me such a sense of relief and empowerment." - Moving Well Participant

In partnership with:



WELLBEING IN THE WORKPLACE

Breathworks provides tailored programmes for the NHS and other public bodies that help improve staff mental wellbeing. Partnership projects delivered in 2023 included commissions from:



Client: Homerton Healthcare NHS Trust

Brief: equip staff with skills to help patients + improve team wellbeing

Our Solution: deliver our new Facilitator Programme training staff to teach powerful self-management tools for managing pain, illness and stress.. Additionally benefiting from wellbeing techniques themselves.

Group: teams across the Long Covid, Fatigue Service and Pain Service.

Impact: Individuals reported benefits including:

- **Improved** clinical practice
- **Enhanced** therapeutic skills
- **Ability** to offer varied tools to help patients
- **Confidence** in leading meditation and mindfulness practices
- **Positive** benefit to own wellbeing



“Having something experiential involving personal practice was really helpful. I was grateful that the training was about our own personal development and wellbeing as well as that of the patients.”

Marta Prytys, Clinical Lead, Homerton NHS Pain and Fatigue Service

MINDFULNESS TEACHER TRAINING

In our teacher training programme we train practitioners to share mindfulness in their communities. At the end of the programme, Breathworks Teachers are equipped to teach the two gold-standard Breathworks eight-week course curriculums and share introductory events and workshops in their communities and organisations.

377

accredited Breathworks
teachers in 27 countries

2742

people reached with
Breathworks 8 week
courses taught by its
trained teachers



8263

people reached with
Breathworks materials
at other events, taught
by its trained teachers

Teachers impact: Mindfulness in Sierra Leone

In her efforts to expand mindfulness practices in Sierra Leone, Breathworks Teacher Julia Enes initiated a series of mindfulness courses for local communities, many of whom faced economic hardships and limited digital access.

Following that success, she went on to facilitate Teacher Training programmes to empower locals to lead mindfulness sessions, despite challenges like low literacy rates and scarce resources. The initiative has inspired several graduates to offer their own courses and spread mindfulness within their communities, with ongoing support and future plans to create a sustainable movement through further training and funding efforts.

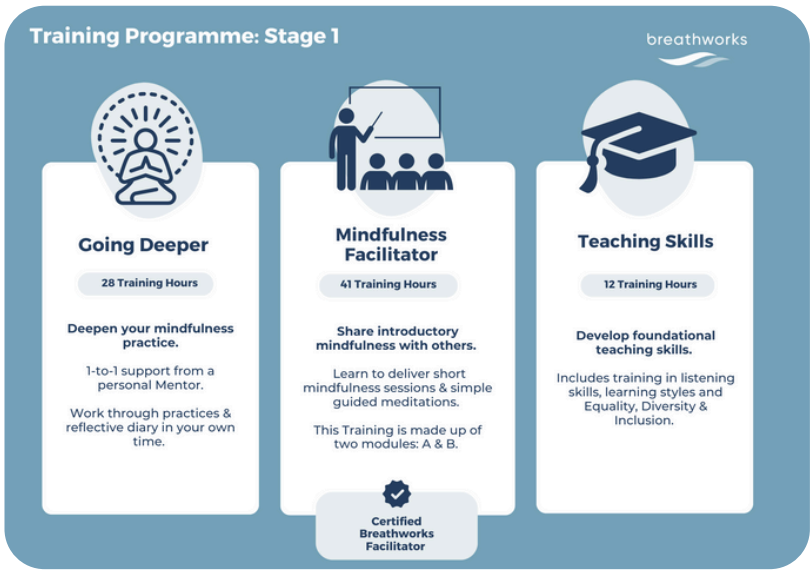


INNOVATIONS IN TEACHER TRAINING

In 2023, we redesigned our teacher training programme based on customer research and feedback, as well as meeting developments in the mindfulness field.



Following successful pilots with NHS professionals (case study on page 13), we launched our **brand new Facilitator Training** for people to share mindfulness in the work they do, or with family and friends. We also developed a **new modular approach to training** with modules that can be taken like building blocks towards the full teacher training, giving more flexibility and minimising upfront costs for customers.



FULLY BOOKED



The new format of training was officially launched at the end of 2023, ready for bookings in January 2024. The brand new Mindfulness Facilitator course **sold out** within a two months of it's launch and courses have been **fully booked** through the first half of 2024.

Report Overview

The trustees are pleased to present their report and the unaudited financial statements for the year ended 2023.

The trustees review the aims, objectives and activities of the charity each year. The trustees have referred to the guidance contained in the Charity Commission’s general guidance on public benefit when reviewing the charity’s aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Reference and administrative information

Company Number 06890078
Charity Number 1131851

Registered office and operational address: 16-20 Turner Street, Manchester, M4 1DZ

Trustees

Trustees, who are also directors under company law, who served during this year and up to the date of the report were as follows:

Dharmachari Prasadu	Dominic Houlder
Gillian Parry	Karim Rushdy
Menka Sanghvi	Robert Jones
Ruth Cheesley	Sally Jones

No trustees held title property belonging to the charity during the reporting period or at the date of approval.

Key Management Personnel: Helen Sullivan, Chief Executive (in post till 31/12/2023)

Bankers: The Co-operative Bank, PO Box 250, Skelmersdale, WN8 6WT

Independent examiner: Patrick Morrello ACA, Third Sector Accountancy Limited, Holoake House, Hanover Street, Manchester, M60 0AS

Financial review

At the end of this financial period the total funds carried forward are £116,221 (2022: £156,073) of which £17,799 (2022: £29,165) are restricted funds. This is an overall decrease of £39,852 for the period. The decrease is due to surplus generated in previous years being drawn on to fund inward investment in programme development, including a new course to be launched in Q3 2024 in response to the wide interest in lifestyle medicine, and a training programme redesign to meet customer demand for modular and home study training formats.

The total income for the year was £466,850 (2022: £547,397) consisting of £74,871 (2022: £72,586) restricted funds and £391,979 (2022: £474,811) unrestricted funds. The total expenditure for the year was £506,702 (2022: £562,434) consisting of £90,359 (2022: £43,421) spent from restricted funds and £416,343 (2022: £519,013) spent from unrestricted funds. At year end, this leaves the charity with total reserves of £116,221 of which £98,422 are unrestricted. Therefore, the trustees do not see any concerns about the charity's ability to continue as a going concern. The wholly owned subsidiary, Breathworks CIC, was dormant throughout the year.

Plans for the future

This year the Board of Trustees and Senior Management team have overseen implementation of the 2023-2025 strategy that was set in 2022. The vision and goals of the organisation remain unchanged and we will work to ensure our evidence-based programmes are widely accessible for people living with pain, illness and stress, by developing meaningful relationships with funders, providers and communities.

The efficacy of mindfulness as a healthcare intervention is well recognised and accepted across the system, however, there is still more to do to educate and inform the public in the need for and benefits of sustaining a practice in daily life. We will be developing our retreats, self paced 'going deeper' programmes and practice days to support people in this, as well as educational and awareness raising campaigns. We will also continue our work with the British Association of Mindfulness Based Approaches (BAMBA) to maintain standards in the field of mindfulness teaching to ensure safe, ethical and inclusive practice.

Beyond the UK, we plan to develop wider strategic partnerships with organisations that can help scale reach by translating programmes into the worlds most spoken languages. We are working with partners in France, Spain, Greece and China, where we are working to establish teacher training programmes.

In Q3 2024 we are launching our new programme to contribute to the emerging discipline of Lifestyle Medicine, with the aim of meeting the problems of increasing chronic conditions in our aging population. Lifestyle Medicine is an evidence-based approach that supports behaviour change through person-centred techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep and minimisation of harmful substances and behaviours.

Based in lived experience in our team and our community, and successful pilot courses in community and primary care settings, we are now ready to share a mindfulness-based approach for behavioural change across the pillars of lifestyle medicine, building on our launch in autumn 2024.

It is recognised by the trustees that in this cost of living crisis we need to further diversify our sources of income to reduce overall dependency on individuals self funding their courses and training. In our new strategic plan specific goals and objectives have been set to identify and grow new funding sources to enable the widest reach possible.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 28 April 2009 and registered as a charity on 28 September 2009.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at year end was 8 (2022: 8). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Trustees are appointed for 3 year terms. At each AGM, those reaching expiry will resign and be available for re-election. Recruitment is based on ensuring there is a blend of expertise in health and social care, business and charitable operations management.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

Organisational structure

Breathworks operates within a hierarchical structure, with day to day management of the charity delegated to its Chief Executive, Helen Sullivan (July 2018 - December 2023), Nathan Jarvis from January 2024. The CEO works closely with the organisation's Founder, Vidyamala (Prudence) Burch OBE, who continues to actively contribute as a senior ambassador for the organisation.

The Board of Trustees hold responsibility for setting the direction and high level strategy and signing off the annual budget which is then delegated to the CEO for operationalisation. The CEO reports to the Board on strategic progress and risk management on a quarterly basis.

Recruitment and appointment of new trustees

In accordance with Breathworks Equality, Diversity and Inclusion (EDI) policy trustee vacancies are widely advertised, with an emphasis on diversity of skills and lived experience. To enable effectiveness in the role, inductions are designed to include time on a 1-2-1 basis with the Chair, CEO; a fireside chat with all other trustees and 1-2-1 mentoring with a longer standing Board member.

Remuneration policy for key management personnel

The trustees review and agree the remuneration for key management personnel annually, in consideration with market rates and affordability for the charity.

Reserves policy

The reserves policy was developed to ensure:

- Trustees have the time to take action if projected new income streams fall below expectations.
- There is protection for unforeseen operational costs.
- There is capacity for 'seed-funding' for an urgent or high potential project eg for research.
- Provision for redundancy payments and closing contractual obligations in the event of winding up the charity.

Following a review of the Foundation's budget and guided by the nature of the overheads, the trustees have concluded that an unrestricted reserve equivalent to 3 months' overheads (£81K) is sufficient to meet these objectives.

Risk management

The charity trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks.

Funds held as custodian trustee on behalf of others

No funds are held on behalf of others.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been approved by the trustees on 19 September 2024 and signed on their behalf by

A handwritten signature in black ink that reads "RE Jones". The "RE" is in a simple, blocky font, and "Jones" is written in a cursive script.

Robert Jones
Treasurer

Independent Examiner's Report

I report on the accounts of the charity for the year ended 31 December 2023 set out on pages 22 to 36.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Patrick Morrello ACA
Third Sector Accountancy Limited
Holyoake House
Hanover Street
Manchester, M60 0AS

Date: 19 / 09 / 2024

The Breathworks Foundation
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 December 2023

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2022 £</i>
Income from:							
Donations and legacies	3	30,453	54,671	85,124	23,954	20,155	44,109
Charitable activities	4	361,477	20,200	381,677	450,857	52,431	503,288
Investments	5	49	-	49	-	-	-
Total income		391,979	74,871	466,850	474,811	72,586	547,397
Expenditure on:							
Raising funds	6	6,453	-	6,453	8,140	-	8,140
Charitable activities	8	409,890	90,359	500,249	510,873	43,421	554,294
Total expenditure		416,343	90,359	506,702	519,013	43,421	562,434
Net income/(expenditure) for the year		(24,364)	(15,488)	(39,852)	(44,202)	29,165	(15,037)
Transfer between funds		(4,122)	4,122	-			-
Net movement in funds for the year		(28,486)	(11,366)	(39,852)	(44,202)	29,165	(15,037)
Reconciliation of funds							
Total funds brought forward		126,908	29,165	156,073	171,110	-	171,110
Total funds carried forward		98,422	17,799	116,221	126,908	29,165	156,073

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The Breathworks Foundation
Company number 06890078

Balance sheet as at 31 December 2023

	Note	2023	2022
		£	£
Fixed assets			
Intangible assets	14	55,574	62,521
Tangible assets	14	1,846	3,072
Investments	15	3	3
Total fixed assets		57,423	65,596
Current assets			
Stock		-	3,177
Debtors	16	13,365	10,819
Cash at bank and in hand		134,970	154,529
Total current assets		148,335	168,525
Liabilities			
Creditors: amounts falling due in less than one year	17	(89,537)	(78,048)
Net current assets		58,798	90,477
Total assets less current liabilities		116,221	156,073
Net assets		116,221	156,073
The funds of the charity:			
Restricted income funds	18	17,799	29,165
Unrestricted income funds	19	98,422	126,908
Total charity funds		116,221	156,073

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 24 to 36 form part of these accounts.

Approved by the trustees on 19 / 09 / 2024 and signed on their behalf by:

RE Jones

Robert Jones, Trustee/Treasurer

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Breathworks Foundation meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £ sterling.

b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

e Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

f Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the costs of salaries and their associated support costs.
- Expenditure on charitable activities includes the costs of education, training and research undertaken to further the purposes of the charity, and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

g Tangible fixed assets

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	25%
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h Intangible fixed assets

Intangible fixed assets are amortised over their estimated useful economic lives on a straight line basis as follows:

Goodwill	10 years
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i Stock

Stock is included at the lower of cost or net realisable value. In general, cost is determined on a first in, first out basis. Net realisable value is the price at which stocks can be sold in the normal course of business after allowing for the costs of realisation. Provision is made where necessary for obsolete, slow moving, and defective stocks. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

m Pensions

Employees of the charity are entitled to join a defined contribution scheme. The charity's contribution is restricted to the contributions disclosed in note 10. Outstanding contributions at the year end were £1,076 which were paid in January 2024.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2022 £</i>
Donations and grants	30,453	54,671	85,124	23,954	20,155	44,109
Total	30,453	54,671	85,124	23,954	20,155	44,109

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2022 £</i>
<u>Grants</u>						
The Big Life Group	-	10,200	10,200	-	3,400	3,400
Key Fund - Social Enterprise Support Fund	-	-	-	-	44,071	44,071
Sport England Together Fund via Versus Arthritis	-	-	-	-	4,960	4,960
Hart Knowe Trust	-	10,000	10,000	-	-	-
<u>Charitable trading</u>						
Courses and Workshops	337,082	-	337,082	416,767	-	416,767
Membership fees	20,937	-	20,937	20,438	-	20,438
Other income	3,458	-	3,458	13,652	-	13,652
Total	361,477	20,200	381,677	450,857	52,431	503,288

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

5 Investment income

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2022</i> £
Income from bank deposits	49	-	49	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	49	-	49	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

6 Cost of raising funds

	Unrestricted £	Restricted £	2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2022</i> £
Staff costs	4,985	-	4,985	6,045	-	6,045
Premises	96	-	96	126	-	126
Administration	145	-	145	222	-	222
Advertising and marketing	156	-	156	207	-	207
Internet and website	252	-	252	356	-	356
Depreciation	153	-	153	186	-	186
Governance costs (see note 7)	377	-	377	388	-	388
Support costs (see note 7)	289	-	289	610	-	610
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	6,453	-	6,453	8,140	-	8,140
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

7 Analysis of governance and support costs

	Support £	Governance £	Total 2023 £	Support £	Governance £	Total 2022 £
Staff costs	13,517	10,826	24,343	16,970	12,922	29,892
Premises	262	209	471	354	269	623
Administration	393	315	708	623	475	1,098
Accountancy fees	2,549	2,358	4,907	1,381	2,520	3,901
Legal expenses (HR & pension)	1,148	-	1,148	1,897	-	1,897
Depreciation	415	332	747	522	398	920
Interest payable	-	-	-	4,333	-	4,333
	<u>18,284</u>	<u>14,040</u>	<u>32,324</u>	<u>26,080</u>	<u>16,584</u>	<u>42,664</u>

The support and governance costs are apportioned to fundraising and charitable activities based on the relevant direct salary costs.

Notes to the accounts for the year ended 31 December 2023 (continued)

8 Analysis of expenditure on charitable activities

	2023 £	2022 £
Staff costs	236,936	252,249
Staff training and other costs	4,782	3,019
Direct course costs	176,497	192,692
Marketing	8,171	9,641
Internet and website	13,206	16,632
Research	810	4,416
Grants awarded (see note below)	5,882	6,152
Office rent and rates	4,582	5,257
Administration and office expenses	6,896	9,269
Insurance	1,966	2,226
Sundry expenses	1,590	3,312
Depreciation	7,273	7,763
Governance costs (see note 7)	17,907	16,196
Support costs (see Note 7)	13,751	25,470
	<hr/>	<hr/>
	500,249	554,294
	<hr/>	<hr/>
Restricted expenditure	90,359	43,421
Unrestricted expenditure	409,890	510,873
	<hr/>	<hr/>
	500,249	554,294
	<hr/>	<hr/>

Note concerning grants awarded

During the year the charity made four micro project grant payments ranging from £600 to £3,282. This was to provide seed funding for small projects which are furthering the objects of the charity. Two grant payments were made to individuals and two grant payments were made to organisations.

Note concerning bursaries and charitable activity costs

Throughout the year the charity awarded 281 bursary places to beneficiaries to attend various courses, training and events. The theoretical value of lost revenue was £69,658. Any training delivery cost related to the bursary places is captured in the expenditure in the above table.

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2023 £	2022 £
Depreciation	8,173	8,868
Auditor's remuneration - accountancy fees	1,860	1,440
Independent examiner's fee	498	360
	<hr/>	<hr/>

Notes to the accounts for the year ended 31 December 2023 (continued)

10 Staff costs

Staff costs during the year were as follows:

	2023 £	2022 £
Wages and salaries	245,282	265,526
Social security costs	16,328	17,869
Pension costs	4,654	4,791
	<hr/>	<hr/>
	266,264	288,186
	<hr/> <hr/>	<hr/> <hr/>
Allocated as follows:		
Cost of raising funds	4,985	6,045
Charitable activities	236,936	252,249
Support costs	13,517	16,970
Governance costs	10,826	12,922
	<hr/>	<hr/>
	266,264	288,186
	<hr/> <hr/>	<hr/> <hr/>

No employee has employee benefits in excess of £60,000 (2022: Nil).

The average number of staff employed during the period was 14 (2022: 16).

The average full time equivalent number of staff employed during the period was 11 (2022: 10).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £35,120 (2022: £37,177). As per reporting requirements this figure includes employer's national insurance and pension contributions.

11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration or reimbursed expenses during the year (2022: Nil).

During the year the trustees received travel and subsistence expenses of £462 (2022: £Nil).

Aggregate donations from related parties were £1,095 (2022: £Nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2022: nil).

Notes to the accounts for the year ended 31 December 2023 (continued)

12 Government grants

The government grants recognised in the accounts were as follows:

	2023 £	2022 £
HMRC Employment Allowance	5,000	5,000
Sport England Together Fund via Versus Arthritis	-	4,960
	<hr/>	<hr/>
	5,000	9,960
	<hr/>	<hr/>

There were no unfulfilled conditions and contingencies attaching to the grants.

13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

14 Fixed assets: tangible and intangible assets

	Tangible assets Office equipment £	Intangible assets Goodwill £
Cost		
At 1 January 2023	6,390	69,468
	<hr/>	<hr/>
At 31 December 2023	6,390	69,468
	<hr/>	<hr/>
Depreciation		
At 1 January 2023	3,318	6,947
Charge for the year	1,226	6,947
	<hr/>	<hr/>
At 31 December 2023	4,544	13,894
	<hr/>	<hr/>
Net book value		
At 31 December 2023	1,846	55,574
	<hr/>	<hr/>
At 31 December 2022	3,072	62,521
	<hr/>	<hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

15 Investments

	2023 £	2022 £
Investment in the shares of the subsidiary company Breathworks Community Interest Company	3	3

The charity owns the whole of the ordinary share issue of the Breathworks Community Interest Company, a company registered in England, register no 5016384. The company has been dormant since 31 December 2021.

Balance sheet

	2023 £	2022 £
Current assets	3	3
Total assets less current liabilities	3	3
Net assets	3	3
Assets	3	3
Shareholder's funds	3	3

16 Debtors

	2023 £	2022 £
Trade debtors	7,806	5,808
Prepayments and accrued income	5,559	5,011
	13,365	10,819

17 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	30,941	7,273
Other creditors and accruals	20,221	22,700
Deferred income	32,209	43,226
Taxation and social security costs	6,166	4,849
	89,537	78,048

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

18 Analysis of movements in restricted funds

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
<u>Grants</u>					
The Big Life Group	3,400	10,700	(13,600)	-	500
Hart Knowe Trust - Bursaries	-	5,000	(5,000)		-
Hart Knowe Trust - Seed funding	-	5,000	(2,600)		2,400
Key Fund - Social Enterprise Support Fund	8,160	-	(8,259)	99	-
Sport England Together Fund via Versus Arthritis	937	-	(4,960)	4,023	-
<u>Donations</u>					
Bursary Fund	-	216	(216)	-	-
Community of Practice	16,668	24,592	(29,331)	-	11,929
Give2Live	-	120	(120)	-	-
HEALS Programme	-	18,643	(18,643)	-	-
Seed funding	-	1,149	-	-	1,149
Sierra Leone Project	-	9,451	(7,630)	-	1,821
Total	29,165	74,871	(90,359)	4,122	17,799

Note for transfers

Two projects were supported from unrestricted funds.

Comparative period

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
<u>Grants</u>					
The Big Life Group	-	3,400	-	-	3,400
Key Fund - Social Enterprise Support Sport England Together Fund via Versus Arthritis	-	44,071	(35,911)	-	8,160
<u>Donations</u>					
Give2Live	-	120	(120)	-	-
Community of Practice	-	20,035	(3,367)	-	16,668
Total	-	72,586	(43,421)	-	29,165

Notes to the accounts for the year ended 31 December 2023 (continued)

Note 18 continued

Name of restricted fund	Description, nature and purposes of the fund
The Big Life Group	for the "Take Back Your Life" project, to fund 9 6-week courses with up to 12 participants each, for Be Well clients with challenging health or stress
Key Fund - Social Enterprise Support Fund	to improve accessibility for training online, building a volunteer programme and reaching new communities, aiming to reach 80 health professionals and 2400 patients every year, and to rebuild income to pre-pandemic levels
Sport England Together	for the "Moving Well" project: providing training in mindful movement for people with disabilities, pain and long-term conditions, to reduce long-term impact of and help recovery re Covid-19, to address inequality in sport and
Community of Practice	to fund free on-line access to Mindfulness practitioners to support and sustain their practice, free courses, workshops and materials
Hart Knowe Trust - bursaries	to fund Mindfulness Teacher Scholarships for four places
Hart Knowe Trust - seed funding	seed funding for three mindfulness-based projects
HEALS Programme	to support the provision of an 11-week course providing a holistic approach to a healthy lifestyle
Seed funding	to contribute to funding mindfulness-based projects
Sierra Leone Project	seed funding for a mindfulness-based training project in Sierra Leone

19 Analysis of movement in unrestricted funds

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	As at 31 December 2023 £
General fund	126,908	391,979	(416,343)	(4,122)	98,422
	<u>126,908</u>	<u>391,979</u>	<u>(416,343)</u>	<u>(4,122)</u>	<u>98,422</u>
	<u><u>126,908</u></u>	<u><u>391,979</u></u>	<u><u>(416,343)</u></u>	<u><u>(4,122)</u></u>	<u><u>98,422</u></u>
Comparative period	<i>Balance at 1 January 2022</i> £	<i>Income</i> £	<i>Expenditure</i> £	<i>Transfers</i> £	<i>As at 31 December 2022</i> £
General fund	171,110	474,811	(519,013)	-	126,908
	<u>171,110</u>	<u>474,811</u>	<u>(519,013)</u>	<u>-</u>	<u>126,908</u>
	<u><u>171,110</u></u>	<u><u>474,811</u></u>	<u><u>(519,013)</u></u>	<u><u>-</u></u>	<u><u>126,908</u></u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

Note 19 continued

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds

20 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2023 £
Tangible fixed assets	55,574	-	-	55,574
Intangible fixed assets	1,846	-	-	1,846
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	40,999	-	17,799	58,798
Total	98,422	-	17,799	116,221

Comparative period

	General fund £	Designated funds £	Restricted funds £	Total 2022 £
Tangible fixed assets	62,521	-	-	62,521
Intangible fixed assets	3,072	-	-	3,072
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	61,312	-	29,165	90,477
Total	126,908	-	29,165	156,073